

Guided Mindfulness Meditation Script

<https://youtube.com/playlist?list=PLCrWYVwpmkY-UYyvDNKFiJvo8OPKzs0Lu&si=NzW-gnnQwl-Vk6hD>

5 Min Narration

Welcome to this time of presence and rejuvenation allow yourself to become as comfortable as possible taking whatever position feels right standing sitting or lying down this time is meant just for you so take a few moments to fully arrive in the space you are now occupying it may help to take three full deep breaths to fully land in your space feeling the breath as it enters the body feeling the breath as it leaves the body now take a slow look around notice what you are seeing what is pulling for your attention allow your attention to rest with the images taking them in as they appear moment by moment and just noticing what you are seeing are you aware of color of shape areas of lightness areas of darkness movement or stillness when you notice something pleasant allow a few moments to take it in and savor it noticing pleasant and being with the experience of pleasant take your time now there is no rush now consciously direct your attention to sounds allowing sounds to move into the foreground of your field of attention noticing and receiving sounds as fully as possible noticing their qualities such as tone or volume some may be pleasant to your ears some unpleasant some neither take some time now to continue noticing sounds moment by moment as they arise and pass away noticing where is your mind in this very moment is it with sound or somewhere else if your attention has wandered away from sounds then notice where it is gone no judgment please be gentle with yourself be kind to yourself it is habitual for the mind to wander in mindfulness practice this is called automatic pilot it is our default mode.